Review on Ayurveda based Naadi Diagnosis

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Abstract: Ayurveda is a traditional, proven, Indian medicine system that explains what is essential and irrelevant, what is appropriate and inappropriate for a whole life. According to ayurveda the human body is created from five great eternal elements called Pancha Mahabhutas. They are Akash (ether), Agni (fire), Jal (water), Vaayu (Air), Pruthvi (Earth). When a human body attacked with an illness diagnosis is done. According to ayurveda diagnosis is not merely name the illness but identifying the imbalances of the three energies or tridoshas. Thus, the review on Ayurveda based naadi diagnosis has been done in this paper.

1. Introduction

Ayurveda is a combination of two Sanskrit words "Ayuh" and "Veda". Ayuh means the higher order coordination of our four parts soul, mind, senses and body, with nature and cosmos. Veda means total knowledge. In humans these Pancha Mahabhutas represent themselves in the form of energies called as "Tri-Doshas" (Tri means three; Dosha means basic physical energies). In Sanskrit these Tri-Doshas are Vata (Ether + Air), Pitta (Fire) and Kapha (Earth + Water). These are responsible for the psychological and physiological process in the body. The balance of tri-doshas results in health and imbalance of tri-doshas result in disease or illness [1,2].

These doshas identified by an approach called Ashtha vidha pariksha or eight fold diagnostic. In ayurvedic terminology they are Naadi Pariksha (Pulse Diagnosis), Mootra Pariksha (Urine Analysis), Mala Pariksha (Stool Analysis), Jihva Pariksha (Tongue Diagnosis), Shabda Pariksha (Assessment of bodily sounds, auscultation, percussion), Sparsha Pariksha (Palpation), Druk Pariksha (Eye assessment), and Aakruti Pariksha (assessment of face and physiognomy).

To get the exact imbalances in tri- doshas and the balance of Ojas, Tejas and Prana the ayurvedic doctor will feel or read Naadi (Pulse). The Naadi Pariksha is not just beats per minute as done in allopathy but more complex and has several parameters to measure.

2. Literature Review

Now a day's very little research and practice is going on regarding this technique. Nadi pariksha was highlighted in many old ayurvedic scriptures which were written by our great saints and maharishis. The pulse diagnosis in ayurveda is done by placing index, middle and ring finger on the radial artery present near wrist. The physician determines the imbalances in Vata, Pita and Kapha and their combinations [1, 2]. Cardiac cycle has two phases named Systole and Diastole. During each systole cycle the heart supplies blood to all parts of the body through arteries. The rhythmic dilatation of arteries as blood is flowing through them is called pulse. In healthy humans this pulse is periodic and synchronized with heart beat [3].

The study of Nadi Pariksha was available in texts like Basavarajeeyam, Sarangadhara Samhita, Bhavaprakasha and Yoga Ratnakara. In recent years ayurvedic practitioners Dr.Vasant and Upadhyaya practiced this method to identify the diseases and shared their valuable experiences in their texts named Secrets of the Pulse and Nadi Vijnana respectively. [4, 5, 6, 7]. Uebaba K et al., used radial pulse pressure wave analysis to compare and correlate the findings of nadi vijnana. They first characterized the kapha, pita, vata and also calculated the dosha balance and sub dosha dhatu of the body also suggested to use a machine to analyse radial pulse wave [8].

R. R. Joshi et al., developed a computational model for the mapping of nadi-patterns. They also quantified tri-dosha level using bio-statistical algorithmic heuristic approach with exhaustive list of qualitative features that are commonly practiced by ayurvedic doctors. Also build up a sound empirical basis using worth coefficients and fuzzy multi attribute decision functions that are used for regression modelling [9, 10].

3. Conclusion

In ayurveda diagnosis means to find the fundamental cause of a disease. Naadi diagnosis is the best among the eight diagnosis techniques available to identify the illness or disease in a patient. It is done by keeping index, middle and ring finger on wrist. Usually for male the pulse is observed on right wrist and left wrist for female. Upon rigorous practice and experience only, the doctor can effectively analyse the pulse because the pulse analysis is subjective and very difficult to assess [3]. Thus, it is concluded that Naadi diagnosis is a non-invasive, simple, as well as cost effective procedure to identify the diseases.

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